


THE BOY'S VENEREAL PERIL

PUBLIC INSTRUCTION PAMPHLET 1

Issued by the Board of Public Instruction on Medical
Subjects, a Committee Appointed by the
American Medical Association

CHICAGO
PRESS OF AMERICAN MEDICAL ASSOCIATION
FIVE HUNDRED AND THIRTY-FIVE DEARBORN AVENUE
1909



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THE BOY'S VENEREAL PERIL*

By F. C. V.

(The author believes that the objects of this paper will best be furthered by substituting initials for his name and by omitting his address.)

PREFACE TO THE THIRD EDITION

Six years after this reprint was first issued, the author received the distinguished honor that led to the publication of the present edition of "The Boys' Venereal Peril."

The decision of the American Medical Association's Board of Public Instruction on Medical Subjects to utilize this paper in its propaganda of enlightenment was naturally welcomed by the author. Only a very few unimportant changes have been made from the original essay.

If this larger issue leads to a better understanding between physicians and their patients, the author will be fully repaid for his work.

July, 1909.

F. C. V.

I. INTRODUCTORY

Many important books have been written and many valuable papers contributed to medical journals on the dangers of venereal diseases. All show that venereal diseases are more perilous to the individual, the family, and the State than are all other ailments combined.

Study and effort directed to their abatement lead to the inevitable conclusion that venereal diseases are due essentially to prostitution, clandestine and public. The knowledge that venereal diseases are due mainly to prostitution does not, however, reveal the means of curing the evil: (1) Because all efforts to reduce public prostitution have proved, and are always likely to prove, futile; (2) because clandestine prostitution is necessarily beyond all efforts to limit its still greater power for evil.

The principal cause for the physical and moral wrecks produced by prostitution lies in ignorance. The same ignorance misleads many of the victims of prostitution to regard lightly the ailments thereby acquired.

The need for public enlightenment being manifest, many earnest men, I among them, have advocated lec-

*Elaborated from a paper, with the same title, read at the Fifty-fourth Annual Session of the American Medical Association and published in THE JOURNAL of the American Medical Association. Authorized by the Board of Public Instruction on Medical Subjects of the American Medical Association, July 1, 1909.

tures to the people on these subjects. More mature thought has, however, brought the conclusion that such lectures will often fall short of their purpose, principally because, to be effective, instruction must be given at the opportune moment. A state of receptivity dependent on a condition so individual as mental, physical, and sexual puberty, in any assemblage, necessarily forms a factor with the various persons present.

This, however, does not apply in schools and colleges, where the teachers know their pupils well and where they consequently are able to group such youths as would, by similarity of temperament and other qualities, present to the lecturer a conjoint receptivity for the subject under consideration.

But only a small minority at the most favorable age can have the advantages of scholastic association. Even among those so favored, there are always some who could best be instructed alone.

In most instances, then, information on sexual subjects, to be effective, must be imparted in private. It would seem at first glance that this is the father's duty. But some, indeed many, men are so far removed psychologically from those nearest them that they could never successfully undertake this delicate task. Such men must relegate the duty to the physician, the teacher, or the clergyman.

Among teachers and clergymen many have vague, and often gravely erroneous, ideas on these subjects. Indeed, a majority of them have not received even rudimentary education on the structure and functions of the genitourinary organs. They consequently have no knowledge whatever of the diseases due mainly to misuse of the genesic function.

If, for the reasons given, the father, clergyman, or teacher is disqualified from imparting the necessary warnings, it distinctly becomes the family physician's duty to undertake the task. Many youths, however, are mentally so constituted that what they read is more likely to impress them than what is told them. It will be impossible for the practitioner to write for each young man under his care as full a disquisition on the matter as its importance demands. I have, to the best of my ability, set forth the subject in the third, fourth, and fifth divisions of this paper. The physician will, in appropriate cases, direct the youth to read them.

II. THE DANGERS OF VENEREAL DISEASES

In occasional contributions to our medical journals one eminent man or another asserts that the exercise of the sexual act is unnecessary for the preservation of health. So far as I know this has not been refuted. One reason for this silence may be, and probably is, that such refutation would be more likely to be read than were the articles contested. They would, as all such things do, fall into the hands for which they are least intended and be perverted to serve as scientific endorsement for libertinage and profligacy.

Wiser and deeper students may, in the course of time, establish whether illicit relations between the sexes is ever a vital necessity. For the present it suffices to say that young men are everywhere beset by temptations and induced by the spirit of evil, by the jests of their companions, and by the solicitations of mainly clandestine offenders, to seek sexual gratification, the desire for which is thus awakened.

The present purpose would not be advanced by a discussion of the need of sexual gratification for the maintenance of health. Moreover, the subject seems too individual for generalization and, therefore, not capable of wide application.

So much, however, experience shows, that no matter what volumes may be written on the wisdom of male sexual purity, whatever the endeavors of moralists, there will be, as there always has been, a vast majority who disregard precepts which oppose their desires. In consequence there is, as there always has been and will be, an overpowering multitude of men who acquire venereal diseases to the detriment of themselves, their families, and the State.

To what extent this detriment goes is incalculable, as statistics on the subject can not be reliable. It will suffice here to note that conservative authors estimate that one-eighth of all the patients in the hospitals of New York are inmates thereof because of venereal diseases or their consequences.¹

1. Specific mention of the works of such eminent writers as Morrow, Sturgis, Tarnowsky, Scott and others, is intentionally omitted here because they are well known to the medical profession. Laymen who may desire further information on these subjects can easily obtain from their physicians the titles of the best works that treat of them.

Those in hospitals represent but a small fraction of the people infected. The latest study of the question² is by a body of physicians appointed for the purpose by the New York County Medical Society. This committee makes the appalling declaration that 200,000 people infected with venereal diseases are walking the streets of New York City.

The working, and consequently earning, power of these people is materially reduced. If every infected person loses only \$1 per day, then the loss of earnings from this cause alone amounts to *sixty million dollars* per year. This loss is directly or indirectly borne by all, even those who are so inexpressibly selfish as to have no feeling for the sufferings of others.

The heaviest part of the burden rests on physicians, who must give their services gratuitously to over 66 per cent. of their patients. But they do not complain of their unrecognized philanthropy, nor do they advertise it. They exercise it as the most important part of their priesthood.

Men who devote their lives to the relief of misfortunes which bring the deepest woes, are daily astounded at the consummate ignorance that prevails among all classes regarding what is, from the nature of things, a generally tabooed subject. It is not only the uncultured, uneducated man who is the victim of unbridled passions; his cultured, educated, and intellectual brother is equally and just as frequently unfortunate. There is no excessive charity in here using the word "unfortunate," for he is truly unfortunate and it avails nothing to consider him otherwise; nor is there any excessive optimism in the conviction that if all men could be informed of the dangers of venereal diseases, fewer would contract them, or having contracted them would neglect them as they now do.

Honest endeavors are continually made, especially by physicians, to enlighten the public on this subject. But their excellent counsel must ordinarily be limited to persons who have already acquired the disease, and for whom the topic has at the time absorbing interest.

The ignorance that prevails on these subjects is far-reaching in its effects. The patient, uninformed of the

2. Morrow, P. A.: Report of the Committee of Seven on the Prophylaxis of Venereal Diseases in New York City. New York Med. Jour., Dec. 21 and 28, 1901.

dangers to his health and life, generally does not seek early and radical treatment for the infection. More frequently still, associating venereal disease with the only mention of them that has come to his notice, namely, the advertisements of quacks, he consults one of these harpies or patronizes their congeners, the patent-medicine dealers. Later on, and often too late, he learns that every community has conscientious practitioners who scientifically study these diseases. Only then does he discover that he has wasted time, injured his health, and imperiled his life through his ignorance and the shamelessness of those who have taken advantage thereof.

As little as the patient knows of the dangers to himself of venereal diseases, so little is he aware of the menace to his family. He should know at least two facts, which in efforts laid before the profession were elsewhere discussed. These facts are:

1. That of all women who die of diseases of the reproductive organs, 80 per cent. are victims of gonorrhea, of which their husbands imagined themselves cured before marriage.

2. That of all children born with seeing eyes who became hopelessly blind within a few days after birth, 80 per cent. lost their sight because of infection by gonorrhea, of which the fathers imagined themselves cured. (This paragraph refers to the time before the Credé method of protecting children's eyes at birth was employed.)

The patient is, as a rule, as ignorant of these frequent results as he is of the danger which venereal diseases are to the community. The need, therefore, of instructing the people at large on these subjects is manifest. As said before, however, the knowledge usually is imparted after the damage is done.

Many physicians, I among them, have striven to aid in combating this most dangerous ignorance. Although the papers written were received in a most cordial and kindly fashion, they could not meet the fundamental defect which prevails, that of preliminary education in those whom physicians must instruct. This shortcoming was made painfully apparent by letters from practitioners in all parts of the country.

Manifestly, then, there is need for explanation to the young which will appeal to them at the most susceptible

age, that of puberty. To meet these evident requirements I have, at various times, attempted to construct an essay that would serve the ends in view. But at almost every line I was confronted by the dread that, by the very writings, the youthful mind might be directed to temptations that might not otherwise beset it.

It was my fortune, at the second conference for the Prophylaxis of Venereal Diseases, held at Brussels early in September, 1902, to receive a copy of Professor Fournier's article addressed "To Our Sons When They Have Reached Their Eighteenth Year." This admirable paper, written temperately, with much wisdom and great tact, indubitably meets the requirements of the sons of intellectual people. The temptation at once presented itself to translate Professor Fournier's paper, but throughout it is permeated with the spirit which makes it so eminently acceptable to the French line of thought. It would not apply as well in our own country, where the Anglo-Saxon manner of thinking and living predominates. Appreciating the need of a similar effort, it is now attempted in the hope that better pens will take up the matter for the benefit of the rising generation.

The proposition, as suggested before, involves the problem, at what period of the young man's life this information should be imparted to him. Those closest to him must be the judges of the opportune moment.

III. TO THE BOY OF YESTERDAY: THE MAN OF TO-DAY

My Dear Sir:

You are no longer a boy. I must therefore use toward you the terms in which one gentleman addresses another. The principal difference between us is that you are still a young man. If I have put the results of my observations to practical use, then I must necessarily know more than you do, particularly of the subjects which I have made my life's study.

The people most interested in you, those who want you to be a great and good man, have read this letter. Their love for you prompts them to ask you to study it carefully. It is written to you and for you.

Before introducing the subject, I must first tell you that this is no tract, neither is it one of those advertising circulars which are sent to young men to be read secretly. You need not, therefore, be ashamed to tell your best friends that you have read this letter and, I hope, profited by it.

I must also ask you a question: Would you prefer to go through life full of sufferings, misery, and failures, or would you rather be a strong, healthy, successful man making money at business, or fame in a profession? Of course, your choice is to be strong, healthy, and successful.

You have seen lovely, chubby youngsters, full of life and fun, sparkling with mischief and noise, very rarely ill, perfect rays of sunshine wherever they go, who are bright, learn quickly and easily, and are always ready to enjoy life.

You have also seen children who, without having any special disease, are always ailing, nervous, irritable, fretful, stupid, too tired to play, and too unpleasant in manners or actions to render their presence agreeable anywhere.

Some day you will marry and have children of your own. What kind would you prefer, those first described, the healthy, joyous ones, or the wretched, miserable, sickly ones? Naturally you will choose the bright, lively little fellows, who will be a pleasure and a comfort to you.

It is almost a matter of choice with you now. You can have healthy, bright children if you determine on it to-day; but your future conduct must be such that you will be able to have children who will be a source of happiness to you. As you read on you will understand.

What I said about little children applies to boys of your age—pardon me, I mean young gentlemen, who yesterday were boys of your age.

You know the heavy, stupid boy, with flabby muscles and dirty habits, who can not look you straight in the eye, who would rather lie than tell the truth, who is a “sneak” and who spitefully hurts little children or animals when nobody is about to defend them. You also know the bright young fellow, always up in his work, always ready for any sport, always neat, always a gentleman, a good sprinter, a fine boxer, and a favorite with everybody, especially with the girls—that is, the right kind of girls, those who are pure and sweet and lovely. Which of the two boys do you prefer? Naturally you despise the first and admire the second. You would gladly make the strong, healthy boy your chum; everybody would.

You have not yet had a chance to compare the successful and unsuccessful man in business or professional life. I therefore do not speak of fully developed men to you, except to call your attention to the strong man, the brainy worker, who is fit to be the President of the United States, and to his opposite—the man who early in life is broken down, an abject failure. We can not all be Presidents of the United States, but we can be just as great and just as successful in our own spheres, be it that of the laborer or professional man, of the business man or the politician. Whatever your inclination, to be successful you must preserve the health of your mind and body. To be healthy you must have a clean, strong body and a clean, strong mind.

And now a word regarding old men. You have seen the wretched creature, full of pains and aches, full of bitterness and hatred, tottering weakly toward the grave, while those who should love him desire his death, so that he may cease troubling himself and others. Next door to him perhaps lives the old fellow of the “Foxy-Grandpa” type. It is hard for you to believe that he is over sixty years of age. He enjoys every minute of life and makes every one about him happy.

He wants you to understand that he is "one of the boys." Every one respects and honors him; no one dreads his approach. Every one strives to show him attentions and takes pleasure in doing so. And when he dies, young and old shed tears over his grave, feeling that because he lived the world became sweeter and better. He knew the principal secret of successful life—the secret I am about to tell you.

Those who love you and want you to become a successful man and to grow old gracefully have, in their affectionate watching over you, judged that it is time for you to know what I shall endeavor to make clear to the best of my ability. Briefly, it is to keep free from vices.

The vices to which I refer are tobacco, liquor, and corruption of body and mind. I need not tell you about the injuries tobacco and liquor do, because if you have smoked you know how sick the first cigar made you, and how your head ached after your first experience in drinking liquor. If you were foolish enough to persist in acquiring the habit of using these injurious stimulants you did it because you were misled. It is perfectly true that some great and good men have used and do use tobacco and liquor, but they might have been greater and better men if they had never put into their mouths anything that was not intended for food. I can leave this matter to your common sense by saying that if you smoke or drink you reduce your thinking power, your power to enjoy life, and your ability to have healthy children.

Now to the graver subject of which I must speak to you.

Without observing it, new sensations have gradually developed within you. You have noticed, perhaps, that hairs have begun to grow on certain parts of your body, as if Nature were modestly trying to cover them. You have also observed that at times the organ that serves to empty your bladder (urinate) becomes hard and stiff and at such times you have been taken with a restlessness that disturbs you. If you direct your mind to other matters, if you put all your energy into study or exercise, this disturbance will stop at once.

Sometimes you will wake up at night or in the early morning, as if startled from a dream. You may find the same condition I mentioned, but subsiding, and on your night-clothes there will be thin, jelly-like drops or

little streams, which have escaped with something like a tickling sensation. That is a natural occurrence. It happened because certain organs, made to store the semen, have simply overloaded and discharged themselves. If this does not occur oftener than once or twice a week, and if it is not followed by headache or heaviness on the following day, you need pay no attention to it. If, however, it happens oftener and makes you feel badly, speak of it to your father or guardian, who will take you to your family physician—never to a person who advertises in newspapers or who distributes pamphlets or books, in which he claims that he can cure you better than any one else.

It may occur to you that I, who am writing this for you, do so to have you come to me and pay me to cure the matters of which I speak. You observe, however, that neither my name nor my address is mentioned. You do not yet understand the motives that prompt physicians to do honest work, therefore I must tell you that the troubles and diseases which I discuss herein, can be cured by thousands of physicians, not one of whom would advertise in newspapers or otherwise. With this understanding you can appreciate that I have no interest in all this except to benefit you.

Now, when you have noticed the things mentioned before, you have experienced the evidences that you are becoming a man. If you do not let them master you, but if you master them, you will become a strong, healthy, bright, successful man. If, however, you are in any manner misguided into handling your genitals, or rubbing them for the purpose of producing the sensation I mentioned, you will never be a man. You will become a creature that you yourself will despise, even at the times when you are in the actual grasp of the vicious habit. You may in appearance become a man, but will never have the strength, the ability, the energy of other men. They will succeed, while you fail.

But what if you have, before reading these lines, already acquired the vice, that sooner or later will ruin you? The remedy is to *stop at once!* Whenever the desire comes on you, direct your mind to other things. If you have been religiously raised, pray to God, pray fervently, that He protect you from yourself. If your inclinations are not religious, and if you can not force yourself to think of other things, then jump up and run—run fast, as if your worst enemy were after you intending to kill you.

There are, however, several conditions which can bring about the same vicious habit, entirely without your fault and completely beyond your control. These are most frequently due to having a long, thick foreskin, or to a very small opening of the urinary channel, or to the urine itself being out of order. Any of these can produce severe itching. This itching may lead you to scratch or rub the parts. The stiffening I mentioned before, then, results and you are likely to fall a victim to the vice of masturbation.

The escape is very simple. You are a man now and must act as a sensible man would. Ask your father to take you to your physician, who will examine you, and when he has decided on the cause, will quickly cure you without giving you any special pain.

Other dangers confront you at this age. I will try to recite the principal ones:

You may be acquainted with a boy who seems in every way a fine fellow. You may be alone with him some time and he may boast of his sexual experiences with girls. Drop your acquaintance with that boy at once; he is trying to corrupt your mind by lying to you.

Another boy, in an unguarded moment, may try to entice you to rub your genitals to produce the tickling mentioned before. That boy is insulting your manhood. Strike him at once, beat him as long as you can stand; pursue him if he runs away and whip him as thoroughly as you can. After you have punished him to the best of your ability, forgive him in your mind, but do not allow him ever to speak to you again. If he is a better fighter than you, he will beat you. Very well, take the beating; you received it in a good cause. But be done with him forever.

I blush to acknowledge that there are men, that is, objects that look like men, who take pleasure in debasing boys. If one of these scoundrels ever speaks to you or otherwise suggests what you in your heart of hearts know to be indecent; if he proposes in words or actions anything that you would not tell your parents, and you know that you can not whip him with your fists, "slug" him with a stick, or stone, or anything else at hand. If you make his face bleed, if you give him wounds whose scars will be seen by every one, you will be doing a service to humanity. If you are arrested for it, tell the justice the whole story. The judge will approve of your act, even though it is not lawful.

I object to fighting, I hate violence of any kind. But if you were my son, and you acted as I told you, even if you were imprisoned for it, I would be proud of you.

There is another set of beings who for money try to corrupt young men. These scoundrels endeavor to sell them filthy books, some of which contain pictures of men and women in indecent attitudes. Should one of these reprobates approach you, snatch the book from him. Give it to the first policeman you meet and help him find the villain who tried to insult you.

There is, however, still another class of persons who pursue your health and try to destroy your hopes in life. You can not treat these in the violent manner I have advised. You must not strike them, because they are females.

Vile women have always existed. They are called prostitutes; the Bible speaks of them as whores. You have seen them prowl about, especially at night, trying to attract men. They take their victims to their rooms or to houses where rooms are rented for the purpose, and there they commit all sorts of indecencies with these men. They do this to get money, or for what they can steal from their chance companions. A part of the "trade" of these beings is to make each man believe that she is in love with him and that she enjoys being with him. A few moments later she does the same thing with another man. She tries to convince each one that he makes her very passionate and that when gratifying her pretended passions he makes her very happy.

In addition to the low creatures who tramp the streets, there are houses in which a number of them live together, and into these houses any man, no matter how brutalized, or low, or filthy, can enter and for money have one of the women for a time. If you are ever tempted by any one who pretends to be your friend to visit such a house, remember that the girl who may appear to you most attractive has probably just come, without even washing herself, from the bed she occupied with another man. And that man may have lice or stinking sores. Those lice and the discharge from those sores may be on her still. If you allow her to do so she will kiss you and take you to the same bed and try to poison you with the same sores or infest you with the lice she acquired from the man who was there a minute before you.

Some of these public prostitutes like to pretend that misfortune made them whores. They will tell sad stories about being forced to a life of shame, or rather a shameless life, because they could obtain no work to support themselves or some ailing sister or child. The fact is, they would rather do anything than work. Sometimes they have run away from comfortable homes and indulgent parents, because the evil desire was born in them.

There are confessed prostitutes who assert that they were led to an immoral life through being seduced under promise of marriage. Finding their virtue gone, they say, and the man unwilling or unable to marry, they had no other recourse but to become prostitutes.

Occasionally it happens that a true, honest girl loves a dishonorable man, and is made the victim of his lust. But on the discovery that she has been deceived, she not only stops sexual relations with him, but will never have any such relations with any other man. No matter how hard her life may be thereafter, such a girl never becomes a prostitute. She is too honest to deceive another man by pretending to love him, and therefore she would rather starve than marry.

Some prostitutes allege that they were ruined while drunk. Remember that no decent girl will drink intoxicating liquors, not even a single glass of wine, in company which she does not know to be perfectly proper.

But, assuming that an innocent girl was drugged with whisky or anything else, and becoming conscious finds herself naked in bed with a man. That is the tale many prostitutes tell of their downfall. Should such a thing happen to a decent girl, she would escape naked, and if overpowered she would rather murder a man than have sexual relations with him.

Consequently, when such a person appeals to your sympathies, do not believe her tale. If she is hungry, give her money to buy food, but do not let her touch you.

I have told you that the prostitute is thoroughly bad. I have tried to show you that her touch brings corruption, disease, and death. If she is hungry, you must not think of her wickedness. Neither you, I, nor any one else has the right to judge her. We must consider her only as a hungry human being. We must do our duty to those who have no food.

On the other hand, do not debase yourself by abusing the unfortunate creature. She is no more at fault for being a prostitute than you are at fault for the color of your hair. Remember that soon she will die in consequence of her misfortune; that she is despised by all human beings, but only the coarse, vulgar ones will revile her for what is not her fault. Remember always that a gentleman will not add to the misfortunes of others. If he can not relieve them, he will at least not increase them.

Even a worse creature than the public prostitute is the clandestine one. She is worse because she makes you believe that she gives her body to you because she loves you. Many men, older and wiser than you, are deceived by her, especially as she wants no money for her "favors."

More could be said about these women. It would, however, be only repeating the same remarks in different form. You must remember one thing about them; no matter how beautiful, how well educated, or with what good manners, they have but one purpose, that of poisoning your body and corrupting your mind.

The approach of one of these creatures should bring to your memory the most beautiful, glittering snake you ever saw. When you do not disturb the creature, it will not harm you. But if you put your hand into its cage, even to caress it, your act will be rewarded with a poisonous sting.

Just like the snakes, are the prostitutes. Ignore them and they can not harm you; touch them and you are ruined.

You may quite properly ask: "How do such creatures come into existence?" They are what we physicians call degenerates. They can not help being prostitutes, because they are born without moral sense. What is moral sense? It is that impulse which makes your mother and sister good, pure women. It is that sense that makes the girl whom some day you will marry, a good wife to you and a good mother to your children.

I have several times mentioned that by merely touching a prostitute you can become infected with one or more serious diseases. Let us now study these diseases together.

GONORRHEA

This disease, commonly and more correctly called clap (from the Norman French, *clapier*, burning uri-

nation), is due to germs called gonococci. When a man has intercourse with a woman whose organs contain these gonococci, some of them enter his urethra (the channel through which he urinates). Here they multiply rapidly and in from three to ten days later his urethra becomes sore. It becomes so sore that each urination scalds and burns him frightfully. Later on the gonococci may go deeper into the tissues; the unfortunate patient then passes blood with or after his urine.

With the increase of the soreness, a sign of increasing inflammation, the penis often becomes erect. Each time this happens the patient has horrible pains. At the same time a discharge of pus (vulgarly called "matter" or "corruption") from the penis sets in. This pus is full of gonococci. If ever so little of this pus, even so small a quantity as would cover a pin-point, gets into any person's eye he will be hopelessly blind in that eye in less than 48 hours, unless the infection is quickly and energetically cured. Without the greatest possible caution there is small chance of saving the other eye from infection.

Men of very bad taste and low minds joke about this disease. Some even boast of having had it several times. But while they have it they neither boast nor joke.

Some men will tell you that clap can be cured by one patent medicine or another, or some secret preparation of an advertising quack. The large number of men ruined by clap and the large number of graves of men who died before their time from clap, are eloquent evidences of the injury done by such advice.

Let me explain to you the most frequent occurrences only, that bring ruin and death from gonorrhea:

The Influence on the Nervous System.—In addition to the injury the gonococci do to the parts in which they are, they produce a poison called gonotoxin. This affects principally the nervous system. It may simply depress the patient, making him sad and unable to enjoy life. When this poison is severe or the patient weak, it may make him insane, especially in that form of insanity which leads a man to kill himself.

The Testicles.—In the scrotum, that is the bag beneath the penis, are situated the testicles and epididymes. By a wise provision of Nature one of these hangs a trifle lower than the other, in healthy men. The purpose of the testicle is to manufacture semen, that juice

which the male projects into the female in order to create a child.

Gonococci can and readily do travel backward into the epididymes and testicles. There, as elsewhere, they set up most painful inflammation. This inflammation may end by entire sloughing (rotting away) of these organs or by so shutting off their channels that the sufferer can never be the father of a child.

The Seminal Vesicles.—These organs are situated within the body, near the bladder. The seminal vesicles may roughly be compared to little bags, in which the semen continually made by the testicles is stored until needed. When the seminal vesicles get overfilled from not being used, they contract and force out the semen they contain. This usually occurs during sleep, and is called a seminal or nocturnal emission. I have told you that this is a natural process and no evidence at all of disease. Quacks try to make people believe it a dangerous symptom; it is nothing of the kind.

The Prostate.—This organ is situated beneath the seminal vesicles, around the neck of the bladder. The semen, when it is pressed from the seminal vesicles, passes through the prostate and then has the prostatic juice added to it. The semen contains spermatozoa, which are motionless before they come into contact with the prostatic juice. The microscope then shows them to be wiggling about in the semen like so many tadpoles in a pond. If a man's semen contains no spermatozoa, or when the spermatozoa are dead, that man can not become the father of a child.

One of the worst results of clap is when gonococci get into the prostate or seminal vesicles, or both. The patient has all manner of pains; abscess may form, and then, unless saved by a life-endangering operation, the poor unfortunate may die of blood-poisoning.

The diseases I have so roughly sketched are due to the gonococci traveling backward along the urethra into the organs that connect with it. But these microbes can also break through the tissues and be taken up into the blood. They then produce diseases of other organs. I will mention the most important of them.

The Heart.—When the blood-current contains gonococci they can find a favorable place for growth in the lining of the heart. If they do, the patient is beyond hope. He dies from gonorrhea of the heart.

The Kidneys.—As gonococci have a tendency to travel backward, they can easily enter the bladder and from the bladder they readily ascend to the kidneys. Here they are beyond reach of medicines. They destroy the kidneys. If only one kidney is affected it can be cut out. This is a very dangerous operation, which may or may not save the patient. If, however, both kidneys are affected there is no hope for life.

The Brain.—In the same manner as above outlined, gonococci can be carried to what we call the fourth ventricle of the brain. No patient so affected has ever been cured.

The Joints.—By the same process gonococci can be carried into the joints, crippling the patients for months and, unless successfully treated, for life. I would rather see you die than drag along a weary, sad existence, crippled by gonorrhea that invaded the joints.

The Eyes.—I have told you how people can become hopelessly blind from clap.

But I have not told you all about this horrible disease; you will probably not be interested in the deeper details. If I have interested you enough in the matter to make you desire to know more, ask your family physician to explain what I have only sketched. If he, however, belongs to that set of practitioners who speak of clap as a trifling disease, then do not take his advice any longer. Speak to your father about the need of securing the services of another, more scientific physician. In these days there is hardly a hamlet in our country without at least one physician who knows the dangers of clap.

We must now study, as far as your present needs demand, the other venereal diseases.

CHANCROID

This is caught from a female who has the same disease. It shows itself as an ugly ulcer (sore) on the genital organs. It may quickly destroy the organ, causing large portions thereof to slough (rot away). The poison of a chancroid can be carried along the channels we call lymph-ducts and affect the glands in the groin. These then swell, become inflamed and very painful. These swellings are called buboes (ignorant people distort this word into "blue-balls" or "blue-boars"). These buboes break down into large abscesses, which require prompt operation. Some cases are so severe that

even after being operated on the pus formed in them is absorbed and blood-poisoning results. Or the abscesses may eat so rapidly downward as to destroy one or more of the large blood-vessels beneath, and the patient bleed to death before help can reach him.

SYPHILIS

Chancre, syphilis, pox, big pox, all mean the same thing. Generally, about six weeks after a man has been with a female having this disease, a sore appears on his penis. This sore does not, as a rule, look as bad as chancreoid does. It heals very easily, but any time thereafter a bubo appears in the groin. It is generally painless and very soon subsides. It rarely breaks down, as does the bubo of chancreoid.

Within six months, or even later, a rash breaks out on the skin. It looks something like measles. This also subsides without treatment.

But the patient must be in the doctor's hands for at least three years before he may consider himself cured of syphilis. During this time he must not kiss his mother, his father, his sisters or brothers, because by his poisoned kiss he can give syphilis to those he loves best. He must not permit anyone to use the cups, glasses, forks, or spoons he has touched. He must make an out-cast of himself—his very breath is unclean.

Knowing how poisonous patients with syphilis are you can readily understand that in places where many people live or work together a great number of innocent ones get syphilis. How do they get it? In their ignorance they smoke pipes or moisten pencils or take tools into their mouths or use drinking vessels which syphilitics have used in the same manner.

I must here tell you of an incident which happened early in my career.

One day a young married couple came to me for advice regarding a sore on the pretty young wife's lip. It was beyond question a chancre. The husband was a healthy man; they were on an extended wedding trip. I wondered, as well I might, how such a charming young lady could have acquired so loathsome a disease, but, though young, I was positive it could not have been due to any fault on her or her husband's part.

Intending to show the husband how to dress the ulcer on his wife's lips I opened a box containing iodoform. The young wife started as she recognized the smell. "That is the odor," she exclaimed, "that accom-

panied the man who sat in the seat in front of us for a whole day two weeks ago."

Then the explanation was simple. The detestable creature to whom she referred probably had a chancre on his penis. He did not wash his hands after urinating, but, with fingers soiled in pus, took the cup or glass that on trains stands to be used by all passengers. He thus put some of his poison on the glass. The innocent bride drank from the glass, and probably having so slight a scratch on her lip that she did not notice it, got the poison into her lip.

Think of the wretchedness that villain caused! This unhappy couple were obliged to remain apart—to refrain even from kissing one another—for at least three years, lest the husband become infected or lest they should have a syphilitic child.

Think of the dangers you are incurring when you drink out of one of those public cups. How will you drink then if they are dangerous? Very simple; wash your hands and use them as a cup. Wiser, greater and better men than you have done and do so to-day.

It will give you an idea how dangerous syphilis is when you understand the following. If either a man or woman has syphilis and they come into contact as husband and wife do, and a baby results, that baby will have syphilis.

Now if the mother should not be able to nurse her child and she has a wet-nurse to do so, that nurse will get syphilis from the babe she feeds at her breast. Or if the syphilitic baby is bottle-fed and another person, as especially children will do, tastes the baby's food from the bottle, the one who does so will get syphilis.

There are other ways, too, in which a person can acquire syphilis. If a person who has the disease has spit into a towel or handkerchief or other article, or has carried to it some pus from a sore, then he has infected it. Now if you have ever so slight a scratch on your finger or your skin anywhere, and you happen to touch that infected article, the poison will get into your system and you will have syphilis with all its horrors.

A great many ignorant people see no harm in taking into their mouths the pipes or cigar-holders that others have used. They do not know whether the owner has syphilis—perhaps he does not know it himself. Aside of it being a dirty thing to do, it is dangerous, because it is one of the most ready ways of distributing the poison of syphilis, consumption, and other diseases. The person

who distributes such a disease to others does not have any less of it himself. It continues to increase in him just the same, and unless cured will eventually kill him, even if he given it to a million or more people.

The catching of syphilis otherwise than from infected women is so frequent that one of our great American authorities, Dr. Bulkley, thinks it should no longer be classed among the venereal diseases, that is, the diseases that are caught in the sexual act.

If a person, who in any manner acquires syphilis, is not carefully and energetically treated by a competent and conscientious physician (and remember that no man who advertises—even if he calls himself Doctor or Professor—is either honest or conscientious) frightful consequences will be his portion.

His hair will drop out; nasty eruptions and sores will appear on his face and body; his bones may rot; his nose and lips ulcerate away, never to grow again. Tumors may grow in his brain, making him a lunatic; he dies a slow, lingering death, after possibly many years of misery and torture.

Even if he apparently recovers from some of these conditions, he can not have healthy children, unless he was entirely cured before he marries. As I told you before, it takes three years of careful attention by a competent physician to cure syphilis.

My whole purpose is to get you to consult your physician *before it is too late*. But you must not go to one who advertises.

I have not told you one-half of the misery that is brought into the world by venereal diseases. If what I have said does not suffice to keep you away from prostitutes, you will probably ask how you can tell whether a woman has any of the diseases I mentioned.

Ask her and she will swear that she is clean and pure. But I told you that all public and clandestine prostitutes are conscienceless liars.

Then you inquire of me, how can you recognize whether a woman has any of these diseases. You simply can not. To decide whether a woman has gonorrhea, chancroid, or chancre requires careful examination by a physician with large experience in these diseases.

There are many men who, without study, think they can decide this important question. They will advise you to do all sorts of foolish things to protect yourself. The most favorite of these is to insert a piece of partly

chewed tobacco or a slice of lemon into the woman's organs. If this does not pain her she is presumed, by these ignorant men, to have no disease.

Let me tell you that such tests are conceived by dirty minds. Prostitutes have a trick of trying by such filthy devices to prove to young men like you that they have no disease. These tests, I repeat it, prove nothing. The female who so tries to show your safety may be truly rotting with one or all the terrible diseases I have mentioned.

A great many prostitutes have cards showing that they have been examined by a physician and found in perfect health. That card may be dated the very day such a prostitute offers you her body. But she has probably just been with another man before you met her. Indeed, within a few minutes after the physician found her to be presumably healthy, she may have acquired a disease.

Then, the thought may come into a wicked mind, that to be safe from disease a man should cohabit only with pure, healthy girls. A man who, to gratify his passions, would seduce a virtuous girl, is *worse than a murderer*. All honest men, all decent men, who aspire to consider themselves gentlemen, will despise such a creature, who is lower than the lowest, a disgrace to humanity, a shame to manhood.

Perhaps, if you are a rich young man, you will think you might get a physician to examine the girl with whom you intend to cohabit. I do not think that the medical profession contains any man low enough to allow himself to be hired to do such an act, even if he were starving. If, however, there should be such a disgrace to our calling, and he says that a girl whom he has examined has no venereal disease, you must not believe him. It takes at least ten days, during which repeated examinations are made, for an educated scientist to decide whether a woman is or is not infected with clap.

IV. THE AVOIDANCE OF VENEREAL DISEASES

Although I have not told you one-tenth of the horrors which venereal diseases bring to the mind and body, I hope I have said enough to make you want to avoid falling a victim to the sufferings they produce. I now intend to show you how you can go through a long life in splendid bodily health, with a bright mind, uninjured by the disease I have so crudely sketched. To do this I must refer to the principal ways in which a young man is led, or rather misled, into the risk of having his body and mind ruined.

Every youth has within him the desire to be a man. He does not know what this means. He therefore is hurt at being called a "boy," a "kid," a "greeny," or anything that suggests his being young and inexperienced. This, unless he is a very shrewd boy, makes him try to pose as a "wise one;" that is, one who knows more than the other boys of his age. He pretends to know things which he does not. He speaks of them, although he knows his mother would be ashamed should she hear of it.

Everywhere there are low, vulgar creatures who think it amusing to persuade a youth to prove that he knows indecent things. If the youth is really manly he refuses to be persuaded. His companions may laugh at him for it, but within their souls they respect him. By not going with them on their vile expeditions he proves that he is a *man*. The others go, courting disease, ruin, and death.

Everywhere we meet people who tell dirty stories. Most of these stories are about women who are not virtuous. None of such tales is really funny, all are nasty. Only fools tell such stories, none but fools listen to them, and worse than fools repeat them. A genuine man is disgusted with them.

Everywhere are for sale indecent books and periodicals. Many of them contain pictures of naked or almost naked women. Some of these pictures are made from photographs. Just think how low a woman must be to have her picture taken exposing any part of her body which decency should oblige her to keep covered.

Some of these creatures are very beautiful, but they make that beauty disgusting by rendering it indecent. Would you like to have your mother see you with a girl who is so shameless as to have herself photographed in an indecent attitude? Certainly not. Then why look at her depraved picture?

Being young you want amusement. If your parents approve thereof you will go to theaters. At some—yes, truth obliges me to say at most of them—indecent plays are performed; women appear in tights and say words and sing songs which disgust a decent man. To attend such shows destroys your self-respect, and without self-respect you are not a man.

These are the principal things that mislead young men to seek the women from whom they catch the horrible diseases I have mentioned.

It is manly to keep away from all temptation, and you are the only one who can make you strong enough to do it.

When you were a little fellow you liked the story of Samson and Delilah. You wondered why, when Delilah cut off Samson's hair, he no longer was the strong man you admired. That was because you did not understand the meaning of the story. Now you know that Delilah represents one of the wicked females of whom I spoke to you before. These thoroughly bad creatures, who can not be anything but vile, live to cut off man's strength.

Have you ever inquired how a trainer prepares an athlete for a sparring match, a rowing or foot race or any other manly contest? Besides the regular exercise and carefully selected food which the athlete must take, he is forbidden to smoke, drink intoxicating liquors, or approach women. The trainers want their men to win. To win they must be in perfect health, and if they do any of the forbidden things their health can not be perfect.

So it is in life, and so it will be in your life. If you want to be a strong man you must preserve your health. And you can not be healthy, if you do any of the things you should not.

But what if you have already begun to think and do things that are dangerous? Your task will be harder, but I can sum it up in one word—*Stop!*

V. THE INFLUENCE OF CHARLATANS ON VENEREAL DISEASES

I have repeatedly warned you against taking the advice of people who advertise in the newspapers, by circulars, pamphlets or books. You should also be warned against taking the drugs or using the appliances that are advertised for the cure of any disease.

An explanation for this advice is due you. Of course, you understand that the best business men advertise. If they did not let the people know what kind of goods they sell, and if they did not praise their goods, people would not come to buy them. Shrewd advertising is the life of business. Business men are positively right and exercise a public benefit by advertising, provided their advertisements contain no untruths.

With physicians, however, it is entirely different. The true physician is necessarily an altruist. The Standard Dictionary defines altruism as "the theory that the chief good and supreme end of conduct are to be found in pure devotion to the interests of others: disinterested benevolence." As, however, most young people are essentially selfish, this may be difficult for you to appreciate. You do appreciate, however, that all persons want to earn money for their work, whatever it may be. This money they desire to use in buying things that will make them happy. That is why they work to obtain money.

If the physician gave the same amount of work, study, and energy to other matters that he gives to the relief of suffering, he would earn more money. He knows this, but is not sorry for it. The true physician gets more happiness out of life by helping others than he would by having much money. He is an altruist. The greatest millionaire in the world can not get as much pleasure with all his money as can the true physician who makes a poor woman happy by saving the life of her child. The physician does not think or care whether the poor woman is ever grateful to him; he is indifferent whether anyone but he knows what he has done. Even if he must deny himself many things in consequence of his altruism, he will practice it throughout his life, because he gets more happiness out of his disinterested

benevolence than all the money in the world can buy. The physician, therefore, even if he never earns enough to support himself decently, is happier than if he gained large sums of money. True, he needs money to buy instruments and books and medical journals, so that he may be prepared to treat diseases by the newest methods. Therefore he must demand payment for his services from those who can afford to pay him. But money, to be used as other people use it, for the gratification of personal wishes, is not for the physician, who can not be a true physician unless he is an altruist.

Being an altruist he does not seek to increase his income, as a first consideration. He seeks to increase his knowledge so that he may be ever more useful in relieving suffering and saving life. The greater his knowledge the more he discovers that he does not know. This makes him modest, if he is not so by nature.

It makes him anxious that as many people as possible benefit by his studies and experiences. He writes these and medical journals print them. Other physicians read these views and experiences and apply them for the benefit of their patients.

There are about 120,000 physicians in the United States. Every one of these knows everything I have written in this little book. But some of them have not time and some of them not the ability to convey their thoughts on the subject. Some most skillful physicians can not express their ideas well. I may be a better writer than many who are better physicians than I am. These excellent physicians have, then, through this, an easy means of telling young men what I have written for the young men's benefit and the physicians' convenience.

So far as I know I am the first among American practitioners to write an article like this. My reward for the work is: Say that among 100,000 of the physicians in the United States each one is the medical adviser of ten families in each of which there is only one boy just reaching manhood. Then one million boys are taught through me to avoid the horrors of venereal diseases. And if to some among them the advice comes too late to teach avoidance, the sufferer will learn the need of early and correct treatment by a regular practitioner so that his life may be saved.

Quacks advertise. They try to degrade the medical profession to the level of a business for their own benefit. Their only purpose is to get money. The regular physician never advertises; his first purpose is to relieve suffering, whether he earns any money thereby or not.

Enough has been said to make you understand:

1. That a regular physician does not advertise.
2. That you must not take the advice of anyone who advertises in newspapers or by books or circulars or pamphlets.

But you say that this is a pamphlet; that I have written it and therefore I advertise. I shall be very sorry if you so misinterpret my effort for your benefit, although whatever you may think of me does me no harm or good, for you do not even know my name.

But then remember I told you distinctly, and I here repeat it, that I write this in the hope of persuading you to keep your health and, if you have lost it, to secure competent medical advice. If for any reason your family physician does not devote his time and energies to the study of venereal diseases, he will take you to another practitioner whose ability as a specialist in venereal diseases he thoroughly knows. He will not take or send you to anyone who advertises.

You must also understand that it can do you only harm to accept the advice of anyone who says he can cure you if you will write your symptoms to him. Such a proposition is a fraud on the face of it.

To make this clear to you let me give you an analogy: You enter your room and find it filled with gas. You quickly open the window to admit fresh air. You test the cocks and find the gas turned off. Then you test all of the joints of the gas bracket or chandelier to look for the leak. But you can not discover any. The leak then probably is in the gas-pipe within the wall or under the floor. If you have seen an advertisement in a newspaper that a certain gas-fitter offers to repair leaks by mail, you will certainly not write to him. But you will promptly call a "regular" gas-fitter to use his knowledge and skill to find the leak and repair it before the house catches fire therefrom or before anyone is stifled to death by the escaping gas.

To find the leak in a gas-pipe demands a certain amount of knowledge and skill, as well as an actual ex-

amination. But it is not really as difficult, nor does it require a millionth part of the study necessary as to find what is the real trouble with a person out of health.

The only way in which a disease can be discovered is by examining the patient. Anyone who says he can cure an ailment by mail is like the gas-fitter who says he can stop leaks without looking for them.

But the advertisements are very alluring. The people who offer to cure you by mail say they will charge you nothing. Write to one of these for the sake of experiment. He will repeat the offer of curing you without charge, but he will make it plain to you that you must pay for the medicines he will send you. If you are foolish enough to send him money he will charge you, say \$3, for mixtures or pills that do not cost him 3 cents. And if his medicines do no harm, they can not do you any good, because even had he the knowledge and ability to benefit you, he has not examined you, and can not know the cause of the symptoms you may describe.

There are a number of quacks who claim that they do examine their victims. They go through forms of examination which are arrant swindles. A favorite one among these is to have the patient bring a bottle of his urine for alleged chemical and microscopic analysis. They throw the urine away and sell the bottle. They then inform the patient that he is dangerously ill and will have to pay so many dollars to be cured.

Another trick of such a quack is to have the urine passed into a bottle while the swindler stands by. He then drops a clear colorless liquid into the urine, which he pretends to examine. The urine turns white and throws down a deposit like thick snow, filling one-third of the bottle. The quack acts as if he were alarmed as he shows the patient this deposit. He says that the white substance is semen and that the unfortunate young man is urinating his strength away. This trick is done in the following manner: The clear liquid which the quack dropped into the urine is a solution of silver nitrate. This mixed with healthy urine causes a combination of its chlorids with the silver, making a heavy white deposit. If this deposit did not form, then the patient would be really ill; its immediate formation shows that so far as that part of the urine is concerned the intended victim is perfectly healthy.

All the other deceptions practiced by quacks are about as simple and as foolish as these mentioned. Their only purpose is to swindle ignorant people.

Fully as bad as these, who live on the ignorance and fears of young men, are the firms who advertise special preparations to cure diseases. You have seen such advertisements in the newspapers and on the bill-boards. They all "guarantee to cure" any kind of discharge or weakness in three days or a week. The advertisers sell these patented mixtures usually for \$1 per bottle of mixture or box of pills. They, moreover, offer to return the money to those who are not cured. If you want to test the good faith of any of these people send for a bottle. Keep it for a few weeks and then write again, saying that you are not cured and want your money returned. You will never see your dollar again.

But you say that you have seen the letters and pictures of people who have been "cured" by the advertising quacks, the patent medicine sellers and those who offer to give advice by mail. It will be well for you to inquire how these letters are obtained.

1. There are people so vain, so stupidly vain, that they consider it a distinction to see their pictures and names in print. They have not the intelligence, education or industry that brings any distinction. So they write these foolish letters and send their photographs. The advertiser, who does not care about the truth in any connection, prints the letter with the picture.

2. There is a class of people who sell such letters, signed with names of persons who never existed, and then have these sworn to by notaries public. They sell these letters, in which the imaginary person says he was cured, for \$1 each or less.

3. The third class of people who furnish such letters write them because they imagined they had diseases which they think were cured by one of the quacks mentioned. The writers of these letters are at least honest; but the publication of their letters is dishonest.

4. Many other people are deceived into giving their honest money for dishonest advice and swindling drugs. I mean those who have real diseases, from which they would have recovered sooner and better if a regular physician (not an advertiser) had counseled them. Some of these have ailments which would pass off if they had not been treated at all. I refer here to the

conditions on which the quacks and proprietary medicine venders lay great stress, attributing them to masturbation, and urging that they are the forerunners of consumption, insanity, and other grave troubles. So that you may understand the truth about these assertions I will say a few words about the diseases and conditions which the quacks claim to cure.

Pimples.—Very few human beings exist without occasionally having a few pimples on their backs. Most young men have many pimples on the face just as the beard is about to grow. Many people are always very much troubled with pimples in consequence of poor digestion. The wise thing to do is to ask your family physician to cure them. Being an honest man he will carefully study the cause of your pimples. If they are of the kind that can be cured by changes in your diet he will tell you what to eat and what not to eat, so that you may get rid of the pimples. If they are of the kind that need medicines he will prescribe the proper ones for you. If, however, they are the kind that get well of themselves he will advise you to do nothing for them, because anything you might take or do will only make you sick. Those which get well without doing anything for them are the most frequent. It is these that procure for the quacks the most certificates of cure. The fact is that if the patient had done nothing, his pimples would have disappeared sooner.

Nervous Ailments.—Another set of disturbances which the quacks use to frighten and mislead people are such as blushing without cause, embarrassment in the presence of ladies, bad memory, difficulty in studying, and similar conditions. There is not a human being who has not, especially in the age of development, been troubled with these things. If you have any doubt about his, seek information from your father or some other grown-up friend whom you know and can trust. He will tell you that at the time when he was becoming a man he was more or less annoyed by these nervous disturbances. Ask him, too, what he did to cure them. He will tell you that they passed off without his doing anything for them. Now if your father or other friend had taken drugs for these conditions he would either not have recovered from them or would have been made really ill by the drugs. It is true, however, that occasionally a young man has a real nervous ailment,

which can be cured quickly by following the advice of a regular practitioner. But he can not be cured by anyone who has not carefully and scientifically examined him. Therefore, the young patient is wise in asking his family physician to decide whether the nervous troubles which worry him require medicines or not.

Physical Ailments.—Many young men suffer from violent palpitations of the heart, dizziness at the slightest effort, difficulty of breathing, constipation, and other derangements. The advertising quacks and patent-medicine sellers utilize these ailments by offering to cure them. But they can not cure, even if they had the necessary knowledge, without examining the patient. Moreover, if the physical ailments mentioned are due to secret vice there is only one way to cure them—by stopping the vice. And unless the vice is stopped at once the ailments it produces can not be cured by any drugs, appliances or incantations.

External Manifestations of Disease.—Such things as paleness, dark rings about the eyes, twitching of the face, and stumbling gait, are just as often caused by other diseases as they are by masturbation. But quacks of all kinds promise to cure these symptoms with their advertised tricks. They publish letters in which the real or alleged writers claim they were cured by the advertised drugs or methods. People who are deceived by such letters, consult the advertising quacks or buy the advertised drugs and suffer the consequences of their gullibility. If you are so unfortunate as to need help for your health, no matter how it was injured, do not be foolish. It would be foolish to ask the advice of an advertiser or to buy advertised drugs. It would be manly to go to your physician, tell him the truth and the whole truth, so that he may discover the cause of your trouble and so be enabled to cure it.

Varicocele.—Many otherwise decent newspapers contain the advertisements of swindlers. Among the worst of these are self-styled "Doctors" who claim to cure varicocele, some without operation, some by means of apparatus which they assert they have "discovered" or "invented." Both classes unite in endeavoring to make boys believe that varicocele is a very dangerous disease. A knowledge of the truth about varicocele may protect you from these swindlers. The word varicocele

means an enlargement of the veins about the spermatic cord—that is, the cord which leads upward from the testicle. The enlargement in most cases is due to a simple local weakening of the veins; it may also be due to other diseases, higher up than the spermatic cord. Nearly every boy has a slight enlargement of these veins, especially on the left side. If he does nothing for this enlargement, but disregards it entirely, it generally disappears of itself. If he feels for it (as the quacks' books direct him to do), he will irritate the veins and cause them to inflame. Then the enlarged veins, which originally amounted to nothing, will become a source of trouble. If from any cause the veins are so large as to produce discomfort, they will be reduced in the majority of cases by merely wearing a good suspensory bandage. This is much more difficult to adjust than a properly fitting shoe or coat, and it is the family doctor who must be seen for the purpose of getting you the right kind of suspensory bandage. Of course, if your family doctor should be an advertiser, you must not go to him.

As I said before, there are some forms of varicocoele depending on other conditions, which require more radical treatment than the simple form I have just described. Your family doctor is the only one who can find this out, and he will tell you what must be done. If you go to any one of the advertisers, he will cause you to buy some foolish apparatus from him, or will persuade you to let him cut or tie your veins unnecessarily. He does it only to get money from you, not to cure you. Every physician has seen a great many young men ruined by unnecessary apparatus and operations. As a sensible youth, you do not want to be ruined; nor, on the other hand, do you want to neglect a case which, to be cured, needs more than a well-fitting suspensory bandage. The only one who will treat you honestly in this, as in all other matters, is a reputable doctor. Go to him at once. He will examine you carefully. If he decides that you require an operation, he will tell you so. If he finds that you need nothing more than a suspensory bandage, you may rely on it that he will so inform you.

I might write many pages more on these subjects, but I can, after what you have read, sum up my advice in a few words:

If you want to be a healthy, strong, successful man,
if you want to live a happy life:

Do not smoke.

Do not drink alcoholic beverages.

Do not associate with corrupt people.

Do not indulge in any vice.

And if you have been so unfortunate as to lose your
health for any of the above reasons:

Do not take the advice of an advertiser.

Do not take advertised drugs; but consult your physician.

